

relation of

$$-15^\circ \leq \Delta\phi < 0^\circ.$$

14. A method of recording/reproducing optical information, comprising the steps of: projecting light in spots with respect to both first and second portions of a recording layer of the optical information recording medium according to claim 5; and forming recording marks having mark lengths  $nT$  to  $mT$  to perform recording, so that  $IL1$  and  $IL2$  satisfy a relation of  $1 < (IL2/IL1) < 1.3$ .

15. A method of recording/reproducing optical information, comprising the steps of: projecting light in spots with respect to both first and second portions of a recording layer of the optical information recording medium according to claim 6; and forming recording marks having mark lengths  $nT$  to  $mT$  to perform recording, so that  $IL1$ ,  $IS1$ ,  $IL2$  and  $IS2$  satisfy a relation of

$$0.7 < (IS2/IL2)/(IS1/IL1) < 1.$$

16. A method of recording/reproducing optical information, having a step of projecting light in spots using an objective lens with respect to both first and second portions of a recording layer using the optical information recording medium according to any one of claims 1 to 8, wherein assuming that a wavelength of the light is  $\lambda$ , a numerical aperture of the objective lens is  $NA$ , and a shortest mark length of the recording mark is  $ML$ ,  $0.25 < NA \cdot ML / \lambda < 0.38$  is established.

17. An optical information recording/reproducing apparatus having an optical head which projects light in spots with respect to both first and second portions of a recording layer using the optical information recording medium according to any one of claims 1 to 8.

18. The optical information recording/reproducing apparatus

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according to claim 17, wherein the optical head has an objective lens having a numerical aperture of 0.8 to 0.9.

19. The optical information recording/reproducing apparatus according to claim 17, wherein the optical head has a laser light source which emits the light having a wavelength  $\lambda$ , and an objective lens having a numerical aperture NA, and the optical head forms the recording mark in such a manner as to establish  $0.25 < NA \cdot ML / \lambda < 0.38$  assuming that a shortest mark length of the recording mark formed by irradiation with the light is ML.